



**FUTURA**<sup>®</sup>

**HARD  
ANODISED**

**COOK-n-SERVE BOWL**  
**INSTRUCTION MANUAL**  
with 12 tested recipes



For You

A Personal Message

**Y**ou know us as the makers of Hawkins and Futura pressure cookers. Your trust in Hawkins has inspired us to develop the high quality Futura range of cookware in which the frying pan and deep-fry pan were the first two items; and here is the Futura Cook-n-Serve Bowl.

Discriminating consumers like yourself have long felt the need for well-designed and well-built cookware that would be efficient, durable and a pleasure to use. Futura cookware meets this need for the first time in India.

Using the same vessel to cook and serve is an idea whose time has come. An utensil which is truly suitable for cooking yet elegant and convenient enough for your table is rare. The Futura Cook-n-Serve Bowl is one such product, with the versatility and ease of use that you desire.

Futura cookware has all the hallmarks of high quality. The Cook-n-Serve Bowl handles are styled for coolness and are comfortable to hold. Sturdy stainless steel screws ensure a permanent attachment. The bowl is made of heavy gauge, 4.06 millimetre thick, commercially pure virgin aluminium, which is one of the best, most even, conductors of heat, coated with Satilon.



BRAHM VASUDEVA, CHAIRMAN, HAWKINS COOKERS LIMITED

### What is Satilon?

Satilon is the hard-anodised coating used on all surfaces of the bowl. Satilon is not brushed or sprayed on. It is an integral part of the metal, built up molecule by molecule, to a thickness of more than 50 microns, under very carefully controlled conditions, through electrolysis. Satilon forms an extremely stable surface that is non-toxic, non-staining and non-reactive with foods. It is naturally dark grey in colour – no pigment is added.

Satilon does not tarnish and, with proper usage and cleaning, will stay looking new for years. Satilon will not scratch. It is highly abrasion-resistant – in fact 2.4 times harder than stainless steel. Satilon is easy to clean.

Satilon combines the superior heat conductivity of aluminium with the corrosion resistance of stainless steel. Satilon does not develop 'hot spots' like stainless steel.

### The Art of Cooking

As important as the cookware, is the knowledge of the art and science of cooking. Traditionally, in India, knowledge of cooking techniques has been jealously guarded, within families and by professional cooks, and passed down the generations to a favoured few. Lack of knowledge and lack of suitable cooking implements have prevented many from savouring the joys of cooking.

By providing Futura cookware and this cookbook, we have made it possible for you to enjoy cooking and serving delicious foods – including those you would not have dared to attempt before!

Each recipe is actually tried out in the Hawkins Test Kitchen. Do read all the introductory sections before you begin.

We hope you enjoy using this product for many years. If you ever have questions, comments or suggestions, do write to me.

(Brahm Vasudeva)

Chairman  
Hawkins Cookers Limited  
P.O.Box 16083  
Mumbai 400 005

# Contents

	Page
<b>Important Safeguards</b>	1
<b>Cooking Tips</b>	2
<b>Serving Tips</b>	2
<b>Care and Cleaning</b>	3
<b>Recipes:</b>	
<i>Sooji Halwa</i> (Semolina Pudding)	3
Egg Curry	4
Mushroom Stew	4
<i>Firni</i> (Milk and Ground Rice Pudding)	5
<i>Dahi Imli Kadi</i> (Curd and Tamarind Curry)	6
Ground Roasted Green Gram with Peas	6
Spanish Rice Casserole	7
Egg <i>Ras Malai</i> (Milk and Dumpling Pudding)	8
Cabbage in Milk	8
<i>Kheema Kofta</i> Curry (Meat Balls in Gravy)	9
Cabbage Rolls	10
Prawn Curry	11
<b>Meanings and Methods for Special Items</b>	12

## Important Safeguards

1. Dry Futura Cook-n-Serve Bowl before adding oil to base.
2. If cooking on high heat for a long time, the handles will be too hot to touch. Use pot holders.
3. Do not put Futura Cook-n-Serve Bowl in the oven or under a broiler.
4. Do not deep-fry in the Futura Cook-n-Serve Bowl. For deep-frying, use the Futura Deep-Fry Pan.
5. Do not put hot Futura Cook-n-Serve Bowl in cold water. Allow Futura Cook-n-Serve Bowl to cool before washing.
6. Read and follow Cooking Tips and Care and Cleaning.

Some recipes require the use of two bowls – a Futura Cook-n-Serve Bowl and another ordinary bowl for mixing ingredients. The additional ordinary bowl required in such recipes is referred to as bowl. Hereafter, the Futura Cook-n-Serve Bowl is referred to as the Bowl.

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Foods shown on the front cover, left to right are: top row, Spanish Rice Casserole, Cabbage Rolls; middle row, Prawn Curry, Egg *Ras Malai*; bottom row, Egg Curry, Mushroom Stew.

# Cooking Tips

1. The cups used in these recipes are 240 ml. capacity. The teaspoon is 5 ml and the tablespoon is 15 ml. All are level, not heaping, measurements. 3 teaspoons equals 1 tablespoon.  $\frac{1}{8}$  cup is 2 tablespoons or 30 ml.  $\frac{1}{4}$  cup is 4 tablespoons or 60 ml.  $\frac{1}{2}$  cup is 8 tablespoons or 120 ml. 1 cup is 16 tablespoons or 240 ml.
2. The total capacity of the Bowl is 3 litres.
3. The Bowl heats evenly and efficiently. High heat is rarely necessary. If you are accustomed to using high heat, try cooking on comparatively lower heat to achieve the same results. Excessive heat may cause sticking and burning of food and wastes fuel.
4. When frying, oil is used to help keep food from sticking, as well as for taste and colour. In the Bowl, it is possible to cook with less oil and no sticking if you cook on lower heat. Reducing oil is not only economical but also healthful.
5. In line with modern medical thinking, you may reduce or eliminate the salt given in the recipes according to your taste and requirements.
6. Never heat oil till it is smoky. It damages the oil and will burn the food.
7. When a recipe calls for simmering, adjust the heat so that bubbles are, very slowly, forming, rising and breaking.
8. When a recipe calls for boiling, boil lightly not rapidly. It is rarely desirable to rapidly boil food. For most foods, any slight savings in cooking time gained by rapidly boiling the food is offset by the loss of flavour, texture, nutrients and fuel.
9. The lid of the Bowl fits snugly to the body, retaining heat/steam effectively. Foods such as pulses, pastas and milk may froth up as they come to a boil. To prevent boiling over, uncover the Bowl and/or reduce heat.

10. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step by step.

11. If you come across a word in the recipes which you do not understand, please check Meanings and Methods of Special Items on page 12.

12. The recipes in this cookbook are only a small sample of the infinite number of dishes – vegetables, dals, soups, stews, curries, fruits, desserts – that cook perfectly in the Bowl on the stove top. Its thick base makes it ideal for *biryanis*, rice, pilaus, pot roasts, milk and milk-based desserts. The Bowl is not suitable for food requiring grilling, baking or deep-frying.

# Serving Tips

1. The Bowl is ideal for serving. All dishes cooked in the Bowl can be taken directly to the table for serving – thus saving the effort needed to wash another bowl.
2. After removing the Bowl from burner, wipe off any spattered food from handles, sides, rim and lid with a clean cloth before placing on the table.
3. Other dishes may be cooked in separate vessels and transferred to the Bowl for serving.
4. You may also reheat food in the Bowl and then serve at the table.
5. Food in the Bowl on the table can be reheated conveniently – for hot second helpings or for latecomers.
6. Always place a heat-resistant coaster under the Bowl when hot to protect the table.
7. *Chapattis* and *parathas* may be cooked, wrapped in foil, placed in the Bowl and served at the table.

# Care and Cleaning

1. The Bowl can be used on domestic electric, gas or kerosene stoves. Be sure the stove surface in contact with the Bowl is free of dirt.
2. Do not place the Bowl directly on a coal fire. There should be at least a 5 cm gap between the burning coals and the base of the Bowl.
3. While you may use metal spoons and spatulas, do not hit the Bowl with them. Do not bang its rim. Do not drop the Bowl or the lid or knock them against any hard object. Do not chop or cut food with a knife or other sharp instrument within the Bowl.
4. Always clean the Bowl thoroughly soon after each use. The hot Bowl may be soaked in hot water. Cleaning is easier if it is soaked in hot water before washing. After cooking milk, allow the Bowl to cool before soaking in cold water. Do not put the hot Bowl in cold water. Allow the Bowl to cool before washing. Wash all surfaces of the Bowl and lid in hot soapy water with a sponge or scouring pad. Rinse in hot water. Dry.
5. To avoid baked-on stains, ensure the Bowl is completely clean before each use. If you get baked-on stains, tackle them while they are still fresh. Make a thick paste of a kitchen cleanser such as 'Shine It' or 'Vim' and apply it to the surface. Wait 5 to 10 minutes, then scour with steel wool using a circular motion. Wash. However, this treatment may affect the Satilon finish and is best avoided by following the procedure specified in paragraph 4 above.
6. Do not store food in the Bowl.
7. Do not put the Bowl in dishwasher.

## Sooji Halwa (Semolina Pudding)

Serves 12

1 cup (240 gm)	<b>ghee</b>
1 1/2 cups (240 gm)	<b>semolina</b>
3 3/4 cups (900 ml)	<b>water</b>
2 tablespoons (15 gm)	<b>raisins</b>
15 (15 gm)	<b>almonds</b> blanched, skins removed and slivered
1 tablespoon (5 gm)	<b>green cardamoms</b> husks removed, seeds powdered
1 3/4 cups (350 gm)	<b>sugar</b>

1. Heat ghee in the Bowl on medium heat for about 2 minutes. Add semolina. Stir fry till light brown (about 15 minutes).
2. Reduce heat to medium-low. Add water, raisins and half each of almonds and cardamom. Cook till water is absorbed, stirring constantly.
3. Add sugar. Cook, stirring constantly, till ghee just begins to show on sides (about 10 minutes).
4. Sprinkle remaining almonds and cardamom. Serve hot. ●

## Egg Curry

Serves 6

	8	<b>eggs</b>
1 x 7 cm piece (20 gm)		<b>ginger</b>
15 flakes		<b>garlic</b>
	1	<b>green chilli</b>
1/2 cup + 2 tablespoons (150 ml)		<b>vegetable oil</b>
4 medium (400 gm)		<b>onions</b> chopped
1 teaspoon		<b>cumin seeds</b>
3 large (500 gm)		<b>tomatoes</b> puréed (see page 12)
	8	<b>cloves</b>
	4	<b>brown cardamoms</b>
4 sticks (2.5 cm each)		<b>cinnamon</b>
2 teaspoons		<b>salt</b>
1 1/2 teaspoons		<b>red chilli powder</b>
2 teaspoons		<b>coriander powder</b>
1 teaspoon		<b>turmeric powder</b>
1/2 teaspoon		<b>sugar</b>
2 tablespoons		<b>coriander leaves</b> chopped
2 1/2 cups (600 ml)		<b>water</b>

**1. To boil eggs:** Put eggs in the Bowl and cover with water at least 2.5 cm above eggs. Bring to boil on medium-high heat. Reduce heat to low. Cover and simmer for 15 minutes. Meanwhile, do **step 2**. Pour off water. Pour tap water slowly over eggs till eggs are cool. Drain. Remove and keep aside eggs. Wash and dry the Bowl.

**2.** Grind ginger, garlic and green chilli into a paste.

**3.** Heat 1/2 cup oil in the Bowl on medium-high heat for about 2 minutes. Add onions and fry till light golden brown. Add cumin seeds and ginger paste. Stir for a few seconds. Add tomatoes. Mix. Remove from heat.

**4.** In a blender, mix tomato mixture till smooth. Wash and dry the Bowl.

**5.** Heat remaining oil (2 tablespoons) in the Bowl on medium-high heat for about 1 minute. Add cloves, cardamoms and cinnamon. Stir for a few seconds. Reduce heat to low. Add tomato mixture and remaining ingredients except eggs and water. Cook for about 3 minutes, stirring constantly. Add water. Stir. Bring to boil on medium-high heat. Reduce heat to low.

**6.** Cover and simmer. Meanwhile, shell eggs and cut lengthwise into halves. When gravy is slightly thickened (about 20 minutes), remove the Bowl from heat.

**7.** Add eggs, keeping yolk sides up. Cover and simmer on low heat just till eggs are hot (about 2 minutes). Serve hot. ●

## Mushroom Stew

Serves 4

1 1/2 teaspoons	<b>vegetable oil</b>
2 1/2 tablespoons	<b>butter</b>
2	<b>bay leaves</b>
4 flakes	<b>garlic</b> finely chopped
1 medium (100 gm)	<b>onion</b> chopped
1 tablespoon	<b>refined flour</b> sifted
2 large (250 gm)	<b>tomatoes</b> puréed (see page 12)

1/2 cup (120 ml) **water**  
 3 medium (300 gm) **tomatoes** blanched, peeled  
 and cut into quarters  
 1/2 teaspoon **dried thyme leaves**  
 crushed  
 5 cups (340 gm) **mushrooms** hard stem ends  
 trimmed and discarded, cut  
 into halves (large mushrooms  
 quartered)  
 24 tiny (225 gm) **white onions** cut into  
 quarters  
 1 teaspoon **salt**  
 1/4 teaspoon **pepper**  
 1 tablespoon **parsley** chopped  
 2 tablespoons **red wine**

## **Firni** **(Milk and Ground Rice Pudding)**

Serves 6

1/4 cup (50 gm) **Basmati rice** soaked for  
 2 hours and drained  
 1/4 cup (60 ml) **water**  
 6 1/4 cups (1 1/2 litres) **milk**  
 3/4 cup + 2 1/2 tablespoons **sugar**  
 (180 gm)  
 1 tablespoon (5 gm) **green cardamoms** husks  
 removed, seeds powdered  
 15 (8 gm) **pistachio nuts** shredded

1. Heat oil and 1 tablespoon butter in a pan on medium-high heat for about 1 minute. Add bay leaves, garlic and onion. Fry till onions are soft and just start to change colour. Reduce heat to low.
2. Sprinkle in flour and cook, stirring constantly for about 1 minute. Add puréed tomatoes and water. Mix. Add quartered tomatoes. Stir. Increase heat to medium-high. Bring to boil. Remove from heat and keep aside.
3. In the Bowl, melt remaining butter (1 1/2 tablespoons) on medium-high heat. Add thyme and mushrooms. Stir fry for about 2 minutes.
4. Add tomato mixture and white onions. Mix. Bring to boil.
5. Reduce heat to low. Simmer till onions are cooked, stirring occasionally (about 25 minutes).
6. Add salt, pepper, parsley and wine. Mix. Serve hot. ●

1. Grind rice, gradually adding water, till smooth.
2. Bring milk to boil in the Bowl on medium-high heat, stirring occasionally. Reduce heat to medium.
3. Boil, stirring and scraping the sides occasionally to prevent skin forming on top and milk thickening on sides, till milk is reduced by about 1 cup (about 15 minutes).
4. Add sugar. Stir till sugar is dissolved. Remove from heat.
5. Mix ground rice. Gradually add to milk, stirring constantly.
6. Simmer on low heat for about 20 minutes, stirring constantly.
7. Pour *firni* into 6 shallow dessert bowls (about 3/4 cup in each). Sprinkle cardamom and pistachio nuts. Allow to cool to room temperature. Refrigerate. Serve cold. ●

## Dahi Imli Kadi (Curd and Tamarind Curry)

Serves 6

2/3 cup (60 gm)	<b>Bengal gram flour</b>
2 cups (480 gm)	<b>sour curd</b> beaten
5 1/2 cups (1.3 litres)	<b>water</b>
1 teaspoon	<b>turmeric powder</b>
1/2 teaspoon	<b>red chilli powder</b>
2	<b>green chillies</b> chopped
1 teaspoon	<b>ginger</b> finely chopped
2 sprigs	<b>curry leaves</b>
1 tablespoon + 1 teaspoon	<b>salt</b>
1 tablespoon	<b>sugar</b>
2 tablespoons	<b>vegetable oil</b>
1/2 teaspoon	<b>fenugreek seeds</b>
1/2 teaspoon	<b>mustard seeds</b>
3/4 teaspoon	<b>cumin seeds</b>
12 gm	<b>tamarind</b> soaked in 1/2 cup hot water for 15 minutes and pulp extracted (see page 12)
2 medium (200 gm)	<b>potatoes</b> peeled and cut lengthwise into 1 cm x 3/4 cm thick pieces
2 tablespoons	<b>coriander leaves</b> chopped

### Tempering

1 tablespoon	<b>ghee</b>
1 teaspoon	<b>red chilli powder</b>

1. Sift gram flour into a large bowl. Add curd. Mix till smooth. Gradually add water, stirring constantly. Add turmeric and chilli powders, green chillies, ginger, curry leaves, salt and sugar. Stir.
2. Heat oil in the Bowl on medium-high heat for about 2 minutes. Add fenugreek seeds. Stir for a few seconds. Add mustard seeds. When crackling, add cumin seeds. Stir for a few seconds. **Step 3** must follow immediately.
3. Stir curd mixture and pour into the Bowl. Add tamarind pulp, potatoes and coriander leaves. Stirring constantly, bring to boil.
4. Reduce heat to low. Simmer, stirring occasionally, till *kadi* thickens and potatoes are cooked (about 1 1/2 hours).
5. **To make tempering:** Heat ghee in a pan on medium heat for about 1 minute. Remove from heat. Add chilli powder and pour over *kadi*. Stir. Serve hot with rice. ●

## Ground Roasted Green Gram with Peas

Serves 6

1 cup (200 gm)	<b>split skinned green gram</b> unwashed
2 large (375 gm)	<b>onions</b>
1 x 8 cm piece (25 gm)	<b>ginger</b>
25 flakes	<b>garlic</b>
1	<b>green chilli</b>



1 cup (240 ml) **vegetable oil**  
 2 **bay leaves**  
 4 **brown cardamoms**  
 6 **cloves**  
 1 stick (2.5 cm) **cinnamon**  
 4 large (600 gm) **tomatoes** puréed (see page 12)  
 4 1/2 teaspoons **salt**  
 2 teaspoons **turmeric powder**  
 2 tablespoons **coriander powder**  
 3 1/2 teaspoons **red chilli powder**  
 2 1/2 cups (375 gm) **shelled peas** fresh or frozen  
 1 1/2 cups (360 ml) **water**  
 3/4 teaspoon **garam masala powder**

1. Put gram in the Bowl on medium heat. Stir constantly till gram is copper brown (about 10 minutes). Coarsely grind gram.
2. Grind onions into a paste.
3. Grind ginger, garlic and green chilli into a paste.
4. Heat oil in the Bowl on medium-high heat for about 3 minutes. Add bay leaves, cardamoms, cloves and cinnamon. Stir for a few seconds. Add onion paste and fry till golden brown. Add ginger paste. Stir for a few seconds. Reduce heat to low. Add tomatoes, salt, turmeric, coriander and chilli powders. Cook for about 2 minutes, stirring constantly.
5. Add ground gram and peas. Mix. Add water. Stir. Bring to boil on medium-high heat. Reduce heat to low.
6. Cover and simmer till gram and peas are cooked and water is absorbed, stirring occasionally (about 25 minutes).
7. Add *garam masala* powder. Stir. Serve hot. ●

## Spanish Rice Casserole

Serves 6

1 tablespoon **butter**  
 3 **bay leaves**  
 3 flakes **garlic** finely chopped  
 2 medium (225 gm) **onions** chopped  
 2 medium (225 gm) **capsicums** de-seeded and chopped  
 2 cups (400 gm) **Basmati rice**  
 2/3 cup **celery** chopped  
 3 large (550 gm) **tomatoes** blanched, peeled and chopped  
 2 teaspoons **salt**  
 1/2 teaspoon **pepper**  
 1/2 teaspoon **red chilli powder**  
 3 3/4 cups (900 ml) **water**  
 1 cup (70 gm) **cheese** grated

1. Melt butter in the Bowl on medium-high heat. Add bay leaves and garlic. Stir for a few seconds. Add onion. Stir fry till onions are transparent. Add all other ingredients except cheese. Mix. Bring to boil and immediately reduce heat to low.
2. Cover and simmer for 15 minutes, or till rice is cooked and water is absorbed.
3. Add cheese. Mix. Serve hot. ●

## Egg Ras Malai (Milk and Dumpling Pudding)

Serves 6

4 cups + 3 tablespoons (1 litre)	<b>milk</b>
6	<b>green cardamoms</b> husks removed, seeds powdered
a pinch	<b>saffron</b>
3/4 cup + 2 tablespoons (175 gm)	<b>sugar</b>
2	<b>eggs</b> beaten till just blended
1/4 teaspoon	<b>rose essence</b>
1 cup (100 gm)	<b>whole milk powder</b>
1 teaspoon	<b>baking powder</b>
15 (8 gm)	<b>pistachio nuts</b> thinly shredded

1. Bring milk to boil in the Bowl on medium-high heat, stirring occasionally. Add cardamom, saffron and sugar. Stir till sugar is dissolved. Reduce heat to medium and boil till milk is thickened slightly, stirring occasionally (about 10 minutes).

2. Mix eggs and essence.

3. In a separate bowl, mix milk powder and baking powder. Add egg-essence mixture. Mix. **Step 4** must follow immediately.

4. **Quickly** drop batter, 1 teaspoon at a time, into milk boiling in the Bowl. To drop batter: Scoop batter with one teaspoon and push with the back of another teaspoon into boiling milk.

5. Gently push dumplings briefly into milk with back of a perforated spoon. Boil for 2 minutes. Remove from heat.

6. Sprinkle pistachio nuts. Allow to cool to room temperature. Refrigerate. Serve cold. ●

## Cabbage In Milk

Serves 6

1 1/2 cups (360 ml)	<b>milk</b>
1 medium (375 gm)	<b>cabbage</b> finely shredded (about 4 1/2 cups)
3/4 teaspoon	<b>salt</b>
1/2 teaspoon	<b>pepper</b>
1 1/2 tablespoons	<b>butter</b>
1 1/2 tablespoons	<b>refined flour</b> sifted

1. Bring milk to boil in the Bowl on medium-high heat, stirring occasionally. Gradually add cabbage. Stir. Boil for 2 minutes. Add salt and pepper. Stir. Remove from heat.

2. In a separate pan, melt butter on low heat. Sprinkle in flour and cook, stirring constantly with a wire whisk for about 2 minutes. Remove from heat. Take 1/2 cup milk from the Bowl and stirring constantly with whisk, gradually add to butter-flour mixture. Mix. Add to cabbage, stirring constantly.

3. Boil on medium-high heat, stirring constantly, till milk thickens (about 2 minutes). Serve hot. ●

## ***Kheema Kofta Curry*** ***(Meat Balls in Gravy)***

Serves 6

### **Meat Balls**

1 x 7 cm piece (20 gm)	<b>ginger</b>
16 flakes	<b>garlic</b>
4	<b>green chillies</b>
1/2 cup (120 ml)	<b>vegetable oil</b>
1 large (150 gm)	<b>onion</b> thinly sliced
500 gm	<b>mutton</b> minced
1 1/2 tablespoons	<b>coriander powder</b>
1 1/2 teaspoons	<b>red chilli powder</b>
1/2 teaspoon	<b><i>garam masala</i> powder</b>
2 teaspoons	<b>salt</b>
3 tablespoons	<b>curd</b> beaten
2 tablespoons	<b>coriander leaves</b> chopped
1	<b>egg</b>

### **Gravy**

2 large (250 gm)	<b>onions</b>
1 x 6 cm piece (15 gm)	<b>ginger</b>
10 flakes	<b>garlic</b>
3	<b>bay leaves</b>
4	<b>brown cardamoms</b>
2 sticks (2.5 cm each)	<b>cinnamon</b>
2 medium (250 gm)	<b>tomatoes</b> puréed (see page 12)
1 tablespoon	<b>coriander powder</b>

1 tablespoon	<b>cumin powder</b>
1 1/4 teaspoons	<b>red chilli powder</b>
1 1/4 teaspoons	<b>turmeric powder</b>
2 teaspoons	<b>salt</b>
1 2/3 cups (400 ml)	<b>water</b>
1/4 teaspoon	<b><i>garam masala</i> powder</b>

- 1. To make meat balls:** Grind ginger, garlic and green chillies into a paste.
- 2.** Heat oil in the Bowl on medium-high heat for about 2 minutes. Add onion and fry till golden brown. Remove and drain onions, leaving oil in the Bowl. Keep aside the Bowl with oil.
- 3.** Mix ginger paste, onions and all other ingredients. With wet hands, make 20 balls 3 cm in diameter. Keep covered.
- 4. To make gravy:** Grind onions into a paste.
- 5.** Grind ginger and garlic into a paste.
- 6.** Heat the Bowl with oil on medium-high heat for about 2 minutes. Add bay leaves, cardamoms and cinnamon. Stir for a few seconds. Add onion paste and fry till golden brown. Add ginger-garlic paste. Stir for a few seconds. Add all other ingredients except water and *garam masala* powder. Stir fry till oil shows separately (about 3 minutes). Add water. Bring to boil.
- 7.** Add balls one by one in a single layer.
- 8.** Reduce heat to medium. Cook till balls are firm (about 10 minutes), gently shaking the Bowl occasionally to baste balls with gravy.
- 9.** Reduce heat to low. Cover and simmer till balls are tender (about 35 minutes).
- 10.** Sprinkle *garam masala* powder. Serve hot. ●

## Cabbage Rolls

Serves 4

2 1/2 tablespoons (35 gm)	<b>barley</b> soaked for 1/2 hour and drained
14 1/2 cups (3.5 litres)	<b>water</b>
1 large (800 gm)	<b>cabbage</b>
1 tablespoon	<b>vegetable oil</b>
1 tablespoon	<b>butter</b>
1 medium (100 gm)	<b>onion</b> chopped
4 flakes	<b>garlic</b> finely chopped
2 1/2 cups (170 gm)	<b>mushrooms</b> hard stem ends trimmed and discarded, sliced
2	<b>green chillies</b> finely chopped
3/4 teaspoon	<b>salt</b>
1/4 teaspoon	<b>pepper</b>
1/4 teaspoon	<b>red chilli powder</b>
	<b>Sauce</b>
2 tablespoons	<b>butter</b>
1 small (50 gm)	<b>onion</b> chopped
3 medium (300 gm)	<b>tomatoes</b> puréed (see page 12)
1/3 cup (80 ml)	<b>tomato ketchup</b>
1/4 cup	<b>celery</b> chopped (optional)
1/2 teaspoon	<b>salt</b>
1/2 teaspoon	<b>garam masala powder</b>
1/4 teaspoon	<b>red chilli powder</b>
2	<b>green chillies</b> finely chopped
1/2 cup (120 ml)	<b>water</b>

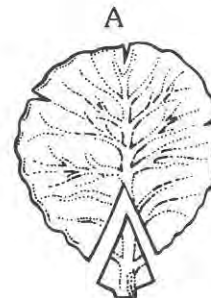
1. Put barley and 1 1/2 cups water in Hawkins pressure cooker. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 16 minutes. Meanwhile, do **step 2**. Remove cooker from heat. Allow to cool naturally. Open cooker. Drain barley. Alternatively, in a pan put water and barley. Bring to boil on high heat. Reduce heat to low. Cover and simmer till barley is cooked (about 1 hour). Drain.

2. Remove and discard the coarse and/or damaged outer leaves of cabbage. Cut out core. In a large pan, boil 12 1/2 cups water on high heat. Add cabbage. Cover and boil till cabbage is barely tender (about 5 minutes). Drain cabbage.

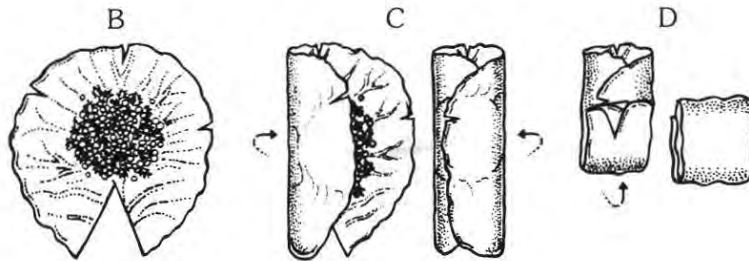
3. **To make filling:** Heat oil and butter in the Bowl on medium-high heat for about 1 minute. Add onion and garlic. Stir fry till onion is transparent. Add mushrooms and green chillies. Stir fry for about 2 minutes. Add barley, salt, pepper and chilli powder. Mix. Add remaining water (1/2 cup). Stir. Bring to boil. Reduce heat to low. Cover and simmer till water has evaporated (about 10 minutes). Wash and dry the Bowl.

4. **To make sauce:** Melt butter in the Bowl on medium-high heat. Add onion. Stir fry till transparent. Add remaining ingredients. Stir. Bring to boil. Reduce heat to low. Cover and simmer for about 15 minutes. Meanwhile, do **steps 5** and **6**.

5. **To make rolls:** Carefully pull 12 leaves off cabbage. (A) Cut a V-shaped piece from bottom of the coarse rib of each leaf. Lay out each leaf on a flat surface, outer side down.



6 (B) Divide filling among leaves, putting about 1½ tablespoons on each leaf (reduce filling amount slightly for small leaves). (C) Fold two sides of each leaf over filling, letting them overlap. (D) Roll up starting from core end.



7. Remove the Bowl from heat. Carefully add rolls seam side down in a single layer, spreading sauce over rolls as you proceed. Cover and simmer on low heat till cabbage is cooked (about 25 minutes). Serve hot.

## Prawn Curry

Serves 8

¾ cup (60 gm) **coconut** grated  
 5 **dry red Kashmiri chillies**  
 1 teaspoon **cumin seeds**  
 1 tablespoon **coriander seeds**  
 1 ¼ cups (300 ml) **water**

¼ cup (60 ml) **vegetable oil**  
 1 large (150 gm) **onion** grated  
 ½ teaspoon **turmeric powder**  
 2 medium (200 gm) **tomatoes** puréed (see page 12)  
 1 sprig **curry leaves**  
 3 **green chillies** chopped  
 2 ½ teaspoons **salt**  
 15 gm **tamarind** soaked in ½ cup hot water for 15 minutes and pulp extracted (see page 12)  
 750 gm **shelled medium\* prawns** de-veined

1. Grind coconut, red chillies, cumin and coriander seeds into a paste, gradually adding ¼ cup water.
2. Heat oil in the Bowl on medium-high heat for about 2 minutes. Add onion and fry till golden brown. Add coconut paste and turmeric powder. Stir fry till oil shows separately (about 5 minutes).
3. Add tomatoes, curry leaves, green chillies and salt. Stir fry till oil shows separately (about 8 minutes).
4. Add tamarind pulp and remaining water (1 cup). Stir. Bring to boil. Add prawns. Stir. Bring to boil. Reduce heat to low.
5. Cover and simmer till prawns are tender, stirring occasionally (about 25 minutes\*). Serve hot.

\* Small prawns take about 15 minutes to cook.

# Meanings and Methods for Special Items

**Baste:** To moisten food periodically with a liquid, such as a sauce or hot fat, during cooking. This is usually done by spooning the hot liquid over the food.

**Batter:** Thick, beaten mixture of flour and a liquid such as water, milk or egg.

**Beat:** To mix with an instrument using a regular, rapid, rhythmic movement.

**Biryani:** A spicy rice dish layered with mutton, chicken, seafood or vegetables.

**Blanch:** To plunge food in boiling water. To blanch almonds: pour boiling water over nuts, cover and allow to cool. Slip off skins. To blanch and peel tomatoes: Immerse tomatoes in rapidly boiling water for 1-2 minutes and remove. Allow to cool. Remove core and skin.

**Celery:** A green vegetable used for flavouring in stocks and soups. Available in some markets such as Crawford Market in Bombay.

**Chapatti:** Unleavened Indian bread made with whole wheat flour dough and ghee.

**Dried Thyme Leaves:** Aromatic herb. Imparts a distinctive flavour. Available in some markets such as Crawford Market in Bombay.

## **Garam Masala Powder:**

Yield: 50 gm

20 gm	<b>peppercorns</b>
10 gm	<b>cloves</b>
20 gm	<b>cinnamon</b>
15 gm	<b>brown cardamoms</b> peeled
10 gm	<b>caraway</b> or <b>cumin seeds</b>

Place all ingredients in the Bowl on medium heat. Stir constantly till spices just darken by one shade and give out their aroma. Grind to a powder and sift.

**Grate (Kasna):** To reduce food to fine particles by rubbing it against the surface of an abrasive implement with sharp edged slits and perforations.

**Milk:** The milk used in these recipes is fresh whole milk.

**Paratha:** Layered unleavened Indian bread made with whole wheat flour dough and ghee.

**Pepper (Kali Mirch):** In the recipes the word pepper refers to ground or powdered black pepper.

**Puréed:** To purée is to rub food through a sieve or blend in an electric blender until the food is pulpy. If using a blender to purée tomatoes, remove cores first. Alternatively, tomatoes can be grated to make a purée. Discard the hard skin and core, if any.

**Refined Flour (Maida):** A white flour made from wheat which has had the bran and germ removed before grinding.

**Shred:** To cut or tear into long irregular strips.

**Sift:** To pass dry ingredients through a sieve.

**Simmer:** See page 2 point 7 of Cooking Tips.

**Sour Curd:** Curd which is more sour than normal. It generally takes at least a day after curd has set and been refrigerated to become sour enough for *Dahi-Imli Kadi*. The hotter the weather while curd is being set, the faster curd sours. Curd progressively sours the longer it is kept. The degree of sourness is to an extent a matter of personal taste; adjust the storage time of the curd to suit the sourness preferred.

**Tamarind:** To extract pulp: Place a sieve over a stainless steel or non-metallic bowl. Put soaked tamarind into sieve, reserving liquid. Push tamarind through sieve adding a little of the reserved liquid from time to time. Scrape pulp off sieve into the bowl. Using all reserved liquid, keep rubbing tamarind till all pulp has been extracted. Discard tamarind in sieve.